

CLASS STRUCTURE & CONTENT



Delivery should follow the same structure as any other sporting activity

WARM UP

Prepares the body for physical exercise
Reduces the risk of injury

Include mobility of joints

Pay special attention to participants' wrists and ankles

Plan and prepare your warm up knowing your aims and objectives

Choose a suitable teaching formation

Stay in control of your group

Keep it energised and FUN

Aerobic Content (see Warm Up Routine Page 19)

GAMES

HEY YOU!

Start with all participants in a circle.

Using the vocals below, one participant calls on another in the circle. The chosen participant suggests a warm up activity which the whole group follows

HEY YOU (or insert name)!

WHO ME?

GET READY

ON THE FLOOR

DROP THE BEAT

SHOUT FOR MORE

WE'RE MARCHING, HEY HEY, WE'RE MARCHING

WE'RE MARCHING, HEY HEY, WE'RE MARCHING

Suggested actions: Marching, jogging, jumping, hopping etc

BOP IT!

The game is played in pairs or small groups

TWIST IT - Participants stand back to back with arms interlocked

SPIN IT - One participant lies on their back hugging their knees to chest on the floor, their partner then spins them round

PULL IT - Participants stand face to face with toes touching. Holding each others' wrists and leaning their weight back they aim to reach a straight armed position

KICK IT - Participants both kick a leg forward to be caught by their partner and balance on their standing leg

BOP IT - Participants jump in the air (any variety of jump)